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EA-Teriyaki is now open

HOLYOKE – EA-Teriyaki Japanese Grill is now open in Café Square at Holyoke Mall. Their teriyaki dishes are prepared using an authentic Japanese cooking method. Everything is freshly made without MSG, including their homemade teriyaki sauce.

TERIYAKI, 9



A parishioner from St. Peter's poses with some of the wooden creations that he has made to sell at the church's first ever "Un"-Gingerbread House Sale. Submitted photo

Gingerbread house event to be held outdoors

HOLYOKE – St. Peter's is known for its annual Gingerbread House Fair that is held every December. However, given COVID-19 restrictions they are not able to host this indoor event. The church has been working very closely with the Holyoke Board of Health to safely offer an outdoor "fall" alternative creatively titled The "Un"-Gingerbread House Sale! The Fall Sale will take place on Saturday, Oct. 24 from 10:00 a.m.-2:00 p.m. with a rain date of Saturday, October 31. Please check the website at www.stpetersholyokeye.org the morning of Oct. 24 if the weather conditions are in doubt.

GINGERBREAD, 9

Drive-up flu clinics coming to HCC

HOLYOKE – Holyoke Community College will serve as a host site for drive-up flu vaccine clinics during the next few weeks. The clinics will be held on Fri., Oct. 23; Tues., Nov. 3; and Fri., Nov. 6. They are being provided by the Holyoke Board of Health and CVS Pharmacy and will be open to the general public.

CLINIC, 9

Trust violated: Soldiers' Home hearings depict a culture of noncompliance

By Dalton Zbierski
Staff Writer

HOLYOKE – A culture of poor health care, staff shortages and a lack of infection control measures at the Soldiers' Home in Holyoke led to the COVID-19- related deaths of 76 elderly veterans this spring. On Oct. 20, family members of those killed or sickened by the unprecedented outbreak testified before a Joint Special Legislative Oversight Committee at Holyoke Community College.

For the speakers, a sense of closure was nowhere to be found. Present, however, was a platform to address a panel of concerned state senators and representatives.

Fighting back tears, loved ones emotionally detailed the negligent actions, lack of compassion and total absence of communication that transformed Holyoke's "Gem on the Hill" into a facility marred by too many deaths.

Susan Kenney, a Ware resident, arrived at the podium to discuss her father's last days. Charles Lowell, a 78-year-old U.S. Air Force veteran, succumbed to the novel coronavirus on April 15.



John and Cheryl Turgeon of East Longmeadow testify about conditions at the Holyoke Soldiers' Home during hearings Tuesday in Holyoke. Courtesy photo by Holyoke Community College

In the weeks leading to Lowell's death, Kenney and her mother tried desperately to communicate with the Soldiers' Home, a painstaking and largely unsuccessful endeavor. The total lack of transparency led Kenney to paint "Is my father alive?"

on her vehicle and drive to the front of the facility, demanding answers.

"This could have been avoided. There were absolute treasures of people at that home," said Kenney. "That's the tragedy. People need to be held responsible for it. It needs to not happen again."

Kenney explained that safety protocols had been ignored at the home long before the arrival of the pandemic. On numerous occasions, she complained to Chief Nursing Officer Vanessa Lauziere about a Certified

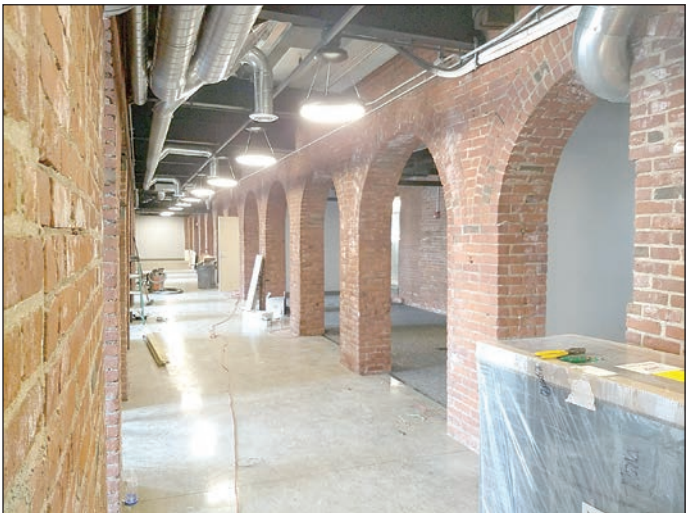
See HEARINGS, page 11

City leading way in cannabis applications

HOLYOKE – According to a Boston Business Journal analysis of recreational marijuana licenses through July 9, the city of Holyoke leads all others with 40 completed applications to the Massachusetts Cannabis Control Commission, more than any other municipality in the Commonwealth

and representing 5% of the 841 total licenses received to date. This is no coincidence, as the city has fully embraced the cannabis trade from the start. With city residents voting affirmatively 57% in favor of cannabis, the Mayor's backing, and

See CANNABIS, page 9



Holyoke is one of the leading communities in the marijuana business. Submitted photo

'High-risk' for two weeks, city seeks to control COVID

By Shelby Macri
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HOLYOKE – The city has risen to a high risk COVID category for the beginning weeks of October, along with more cities in Massachusetts. The Board of Health is leading the COVID response and is partnering with the Mayor's office to make decisions for the public's health.

Chief of Staff, Mike Bloomberg explained that the city posts COVID reports regularly, along with reports from the Board of Health. There was a surge in the beginning of October that the city is still feeling the effects of, though the average incident rate is compiled over two weeks. In a statement given by Board of Health Director, Sean Gonsalves; he stated the numbers that the city is seeing for cases.

"In Holyoke, our 'Average daily incidence rate per 100,000 (last 14 days)' is now at 13.0, up from 10.7."

Gonsalves said. "The increase in Incidence Rate can be a bit misleading. This particular metric is (as it states) an average over the last 14 days and so combines two weeks of case data." Gonsalves goes on to say that the city has had 10 fewer cases last week compared to the week before.

The weeks are counted on Wednesdays; so the weeks of September 30 and October 7 the case numbers were lower than the combined weeks of October 7 and October 14. This caused the rise in the Incidence Rate. Gonsalves stated that if the city is in the red category within this week, Holyoke will revert back to phase three, step one. Reverting back to step one will affect many businesses and outdoor gatherings will be limited to 50 people.

Gonsalves also mentions that gatherings are not a good idea currently as most cases are occurring after someone attends a gathering, interacts

See COVID, page 6



A fire starts in a mulch pile near Bondi's Island on the Agawam/West Springfield border.
Photo by Kerry L. Koehler

Bondi's Island fire felt in region

By Gregory A. Scibelli
gscibelli@turley.com

AGAWAM/WEST SPRINGFIELD – Firefighters from multiple communities, including Agawam, responded to a fire at Bondi's Island around 1:30 p.m. last Thursday afternoon.

The fire is still under investigation, but a pile of mulch and other yard waste became engulfed and caught fire.

It took more than day to get the fire under control, and it needed the aid of a steady rain that came the following day

in order for it to be reduced to smolders.

Due to high wind gusts on Thursday, a flume of smoke headed north and could be seen as far as Northampton and beyond. Heavy smoke went through part of the city of Springfield, calling for Springfield officials to wish to launch its own investigation into what happened in order to ensure it does not happen again.

Since the fire, officials did determine there was nothing harmful in the smoke. The fire remains under investigation.

Children's Room at library to hold Pumpkin Decorating Extravaganza

HOLYOKE – The Children's Room invites kids of all ages to participate in our Pumpkin Decorating Extravaganza. Think that you can create the most frighteningly festive and seriously spooky pumpkin in all of Holyoke? Then this is the event for you! Send us a picture of your jack-o'-lantern any time between Oct. 19 and Oct. 30 to be entered into our Pumpkin Decorating Contest, and be sure to check in on our Facebook page and website on Halloween to see the winners.

Don't have a pumpkin? Not a

problem. The Children's Room will be distributing free pumpkin decorating kits between Oct. 19 and Oct. 30 to the children of Holyoke. Each kit contains a sugar pumpkin, paints, a paintbrush, stickers, a history of Halloween booklet, a Halloween activity packet, and more. To get yours, please email cpope@hol yokelibrary.org or call us at 413-420-8105. We recommend that you request one as soon as possible, as we have a limited supply. Please send all contest entries to cpope@hol yokelibrary.org before Oct. 31.

Church to still have fall festival Oct. 24

HOLYOKE – A "modified" Fall Festival will be held at Our Lady of the Cross located at 67 St. Kolbe Drive, Holyoke, on Saturday, Oct. 24 from 12 noon to 5 p.m. and Sunday, Oct. 25 from 12 noon to 5 p.m. There will be a Polish Dinner -Takeout Only and

pre-orders for takeout are requested but not mandatory. There will be a few raffles including theme baskets. Social distancing and masks required. Please call the Parish office at 413-532-5661 for takeout pre-orders or with any questions.

Drive-up flu clinics coming to HCC

HOLYOKE – Holyoke Community College will serve as a host site for four drive-up flu vaccine clinics during the next few weeks.

The clinics – Tues., Oct. 20, Fri., Oct. 23, Tues., Nov. 3, and Fri., Nov. 6 – are being provided by the Holyoke Board of Health and CVS Pharmacy and are open to the general public.

All the clinics run from 8-11 a.m. and will be held in Parking Lot M next to HCC's Bartley Center for Athletics and Recreation on the main campus at 303 Homestead Ave., Holyoke, the same

location where free COVID-19 testing is underway until Oct. 31.

The flu vaccines are free with most insurance, including MassHealth. Pre-registration is not required but highly recommended to ensure sufficient supply.

These are drive-up clinics, so there is no need to exit your vehicle. Free face masks will also be distributed on site.

Appointments can be scheduled for 20-minute time slots by following the links on the HCC website to the CVS Pharmacy registration pages for each day: hcc.edu/flu

Help raise funds for Merry-Go-Round

HOLYOKE – Holyoke Merry-Go-Round has been selected by local Stop & Shop store leadership as the benefiting non-profit in the Community Bag Program. For the entire month of October, the Holyoke Merry-Go-Round

will receive a \$1 donation from each purchase of the \$2.50 reusable Community Bag at the Stop & Shop store located at 2265 Northampton Street, Holyoke, MA 01040. Please consider buying a bag when you checkout

Baker-Polito Administration announces COVID-19 measures for fall and winter

BOSTON – The Baker-Polito Administration provided an update this week on a series of initiatives that will keep supporting the residents of the Commonwealth to stop the spread of COVID-19 and ensure the state's readiness status heading into the fall and winter.

Led by the COVID-19 Command Center, the Administration outlined today inter-departmental programs that have been built or expanded since the start of the pandemic in March, all of which strengthen the Commonwealth's ability and capacity to respond if COVID cases in Massachusetts increase. This includes:

- One of the most robust testing networks in the nation
- A first-in-class contact tracing network
- Investments and strengthened initiatives to provide appropriate care for older adults and staff at long-term care facilities (LTCF)

- Hospital preparedness plans
- PPE stockpile investments
- Health and Safety requirements to protect teachers and students as schools re-open
- A cautious phased approach to resume business activity.
- Testing

Since the start of the pandemic, approximately 4.8 million tests have been administered to more than 2.4 million residents in Massachusetts. Growing steadily from approximately 2,000 tests per day in March to about 13,000 a day in May, today approximately 65,000 tests are administered every day. A key driver in this success has been the Stop the Spread initiative, which has sites in 18 of the highest-risk communities.

The Administration this week announced that the Stop the Spread initiative has been extended through

See MEASURES, page 3

COVID-19 testing at Holyoke Community College extended until Jan. 15

HOLYOKE – Free COVID-19 testing at Holyoke Community College has been extended until Jan. 15.

HCC has been serving as a "Stop the Spread" drive-through testing site since Aug. 26 to help the state and the City of Holyoke reduce the spread of COVID-19. After two previous extensions, testing was set to end on Oct. 31. It will now run through mid-January.

Tests are being conducted outside HCC's Bartley Center for Athletics and Recreation and administered by Fallon Ambulance in partnership with the Holyoke Board of Health and the Massachusetts Department of Public

Health.

Testing is available six days a week during the following hours:

Monday 7-11 a.m., Tuesday 2-7 p.m., Wednesday 7-11 a.m., Thursday 2-7 p.m., Friday 7-11 a.m., Saturday 7-11 a.m.

Testing are conducted on a first-come, first-serve basis. There are no appointments, and there is no cost for the tests and no referral is required.

Please enter campus from Homestead Avenue and follow the signs to M Lot (adjacent the Bartley Center), where in-car tests are being administered.

Turnaround time for test results is typically four days or fewer.

Playback Theatre Workshop with Russian performance artist Nastya Vorobyeva

AMHERST – Join a Zoom workshop by Russian performance artist and social activist for human rights, Nastya Vorobyeva for a tw-day event on Oct. 24 and 25, from 10 a.m. to 12 p.m., via Zoom.

Visit the gallery's website to purchase free tickets to the workshop.

For two consecutive days, she will introduce, demonstrate and lead two sessions on the Playback Theatre method. Playback Theatre is an original form of improvisational theatre in which audi-

ence or group members tell stories from their lives and watch them enacted on the spot. It exists in more than 85 countries around the world and can apply for many purposes, as an open performances in a theatre space, as well as the way of healing and creating a dialogue with communities, in post conflict areas, disasters, accidents etc. All are welcome to attend. Nastya has created social theatre projects around the world for professional artists, social workers, and communities at large. Playback Theatre is an original form of

improvisational theatre in which audience or group members tell stories from their lives and watch them enacted on the spot. It exists in more than 85 countries around the world and can apply for many purposes, as an open performances in a theatre space, as well as the way of healing and creating a dialogue with communities, in post conflict areas, disasters, accidents etc. Getting a strong start in Playback Theatre means taking enough time to immerse yourself in the rich atmosphere and dynamics of the Playback experi-

ence. In this day intensive, you'll learn the basics with lots of opportunities to practice. The fundamental Playback forms will be taught-fluid sculptures, pairs, stories, tableau and more. Each student will have a chance to try the roles of conductor and musician as well as actor. Everyone will tell and enact stories together, in the spirit of fun and fellowship.

This exhibit is free and open to the general public For more information: asg@umass.edu or August Savage Gallery.

HCC to continue remote instruction through spring

HOLYOKE - Holyoke Community College will continue to offer the majority of its classes remotely through the 2021 spring semester, HCC president Christina Royal announced yesterday in a message to students, faculty and staff.

“So much has happened over the course of the last several months,” Royal said. “Sometimes it’s hard to imagine how our world will change from one day to the next. It is difficult to predict what life will look like for HCC months from now; however, we are preparing and planning as best we can for every possible scenario.”

In her message, sent in an email yesterday, Royal said that “out of an abundance of caution,” HCC will continue to operate primarily remotely for

the spring 2021 semester, with the vast majority of courses offered in a remote or hybrid environment.

“We anticipate that no more than 10 percent of courses offered this spring will be held on campus,” she said. “In every case, plans for offering face-to-face courses will be reviewed by the college’s Return to Campus Task Force to ensure that health and safety protocols are in place.”

Royal noted that it was important to make this decision now because registration begins Monday, Nov. 2, for HCC’s two-week January term and the spring 2021 semester. Registration and course materials must be prepared in advance of that date, so students have time to make informed decisions about

their classes.

HCC’s January term, called Wintersession, begins Monday, Jan. 4. The spring 2021 semester begins Monday, Jan. 25. HCC will also be offering flexible spring start dates on Feb. 16 and March 29.

“This is a challenging time,” Royal said, “but our community is meeting it with resilience, creativity, and determination. I appreciate your flexibility and understanding as we navigate this time together. Supporting and inspiring our students remains our top priority today and always.”

Like most colleges, HCC started remote instruction in mid-March after the COVID-19 pandemic forced campus closures. This fall, all HCC classes are

being offered in one of three formats: online, blended remote, and blended face-to-face.

Online courses follow a traditional, asynchronous online model with coursework deadlines established by instructors.

Blended remote courses have both asynchronous online components combined with real-time scheduled class meetings via videoconference platforms such as Zoom.

Blended face-to-face combines blended remote with some in-person instruction on campus. For the most part this format is limited to health science programs that require clinical labs, such as nursing, radiologic technology, veterinary technician and medical assistant.

From Baystate Health: How to have a safe and fun Halloween this year

SPRINGFIELD – That familiar sound of “Trick-or-Treat” at your door on Halloween may be a thing of the past for this year, given the risks posed by COVID-19.

National and local experts have sounded the alarm on the threat of catching COVID-19 by door-to-door trick-or-treating or attending indoor parties or other alternative celebrations.

“With the exception of those who recently got infected with COVID-19 and survived, everyone including children is susceptible to this viral infection. Traditional activities during Halloween like door-to-door trick-or-treating by small children can pose a real risk of disease transmission. Individuals from different households come together within six feet of one another, touch and give away common treats, and may have difficulty in keeping facial masks on, particularly among the younger children,” said Dr. Armando Paez, chief of the Division of Infectious Diseases at Baystate Medical Center.

Some cities and towns like Springfield have canceled trick-or-treating altogether, while others are leaving it up to residents and are providing coronavirus-related restrictions to keep kids and adults safe. Check with your city or town for their safe Halloween recommendations.

The Centers for Disease Control and Prevention (CDC) are urging Americans not to trick-or-treat or attend indoor costume parties, labeling them as “high risk.”

Other high-risk activities according to the CDC include:

- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots.
- Going to an indoor haunted house where people may be crowded together and screaming.
- Going on hayrides or tractor rides with people who are not in your household.
- Traveling to a rural festival that is not in your community if you live in an area with community spread of COVID-19.

The safest, according to Dr. Paez, “is anything virtual.”

“COVID has changed so much today in our daily lives, both personal and workwise, and connecting with friends and family virtually, as well as holding virtual conferences and meetings has become the norm today during the pandemic,” he said

Meghan Brewer, Child Life Specialist III in the Child Life department at Baystate Children’s Hospital, recommends the following safe “virtual” ideas to celebrate the “spooky” season:

- Virtual Halloween Costume Contest
- Pumpkin Decorating via Zoom with friends
- Spooky Scavenger Hunts (set up in each person’s house and started at the same time – looking for candy/treats/prizes instead of trick-or-treating
- Virtually listen to a spooky story

at the same time.

Additional safe ways to enjoy Halloween, according to the CDC, include having a Halloween movie night at home with family members of the same household, carving and decorating pumpkins to display, or decorating your home together. For a full list of high, moderate and low risk activities when celebrating Halloween this year, visit: the COVID-19 and Halloween section on the CDC’s COVID-19 website at [cdc.gov](https://www.cdc.gov).

Many states, including Massachusetts, have released their own guidelines concerning “what’s safe, what’s not” for Halloween. While there is no statewide mandate on how communities should address the challenge of celebrating the season, there are recommendations available on [mass.gov/news/halloween-during-covid-19](https://www.mass.gov/news/halloween-during-covid-19).

COVID aside, there are also healthy recommendations to consider for younger children who want to eat their way through the goodies in their Halloween bag in one sitting.

“Go through your child’s bag and each day take out some candy and put it on the table for them to enjoy, maybe next to a nice fruit salad as well,” said pediatric dietitian Nancy L. Anderson, MS, RD, CSP LDN at Baystate Children’s Hospital.

“For the older kids, being restrictive just won’t work and will backfire. Halloween is one day a year, and the candy may last a week or two, but then they’re over it. Consider it part of

their overall healthy diet and make sure during the year they are having plenty of fruits, veggies, cheese, yogurt, whole grains and more,” she added.

Whatever way people choose to celebrate Halloween, Dr. Paez reminds everyone to follow some commonsense safety precautions that public health experts have been recommending since the start of the pandemic to keep you and others safe from COVID-19:

- Wear a mask – a costume face mask is not a substitute for a cloth face mask
- Social distance staying at least six feet apart from anyone not in your household
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer (with at least 60% alcohol)
- Avoid touching your eyes, nose and mouth.
- And don’t go out when feeling sick and avoid contact with those who are sick.

Dr. Paez noted to keep in mind that other respiratory infections, such as flu, are more common during this time of the year.

“Remember, it’s more important than ever before to get your flu shot this year. There is worry that there could be a possible widespread second wave of COVID-19 coinciding with the flu. That’s why getting your flu shot now is more important than ever before.”

For more information on Baystate Health, visit [baystatehealth.org](https://www.baystatehealth.org).

MEASURES, from page 2

December. As part of its readiness, the state now has the in-state lab capacity to process more than 100,000 tests per day if demand warrants. This level of testing, which has an average turn-around time of 1.8 days, is part of a strong readiness foundation to identify COVID, stop the spread and inform policy through data analysis.

Contact Tracing

In April, responding quickly to the increasing number of cases, the Commonwealth established the Contact Tracing Collaborative (CTC), a collaboration between the Massachusetts Department of Public Health, local boards of health and Partners in Health. Today, this network includes just under 2,000 workers who maintain regular connection with and support for individuals who are isolated in quarantine. A team of epidemiologists was recently added to CTC to investigate cases, identify the source of transmission and catch clusters early. To date, more than 100,000 people have been contacted.

Hospital Readiness

Today, hospitals are required to continue adherence to the policies put in place upon reopening to ensure continued readiness, including inventories of PPE, ICU nursing staffing ratios and strict policies to ensure sufficient inpatient capacity. Massachusetts hospitals have approximately 50% ICU capacity available, plus additional beds can be made available by converting medical or surgical beds through established and proven procedures. Further, temporary spaces can be utilized again. In the spring, the state set up five alternative medical sites. MEMA is prepared to rapidly reinstate these if necessary.

LTCF Readiness

Caring for older adults in LTCF has been a priority since the earliest days of the pandemic. Early on, the state provided approximately 2.8 million pieces of PPE to nursing homes and opened dedicated COVID isolation spaces and facilities to safely cohort and protect residents and staff and help stop the spread. An additional measure to protect staff and residents, the state implemented a surveillance testing program ahead of federal guidance. From July

1 to Oct. 8, approximately 280,000 state-financed tests for residents and staff have occurred. The Commonwealth has retained clinical rapid response teams if severe staffing shortages occur. The latest set of reforms, which include more than \$400 million in new funding for infection control and staffing, build on the legislatively authorized Long Term Care Facility Commission’s report.

PPE Stockpile

In the early days of the pandemic, the global supply chain struggled to deliver critical PPE. Massachusetts pursued every piece of this important protective measure and partnered with local manufacturers, which pivoted operations to support essential workers in a time of need. The Commonwealth has added millions of pieces of PPE to the state stockpile over the last several months with sufficient material to support medical institutions if their supplies run low through 2021. In addition to masks, gowns, gloves and other PPE, the stockpile includes approximately 1,200 ventilators, almost double the number on-hand in the spring. For perspective, the peak number of ICU patients was 1,085 in April.

K-12

After extensive consultation with infectious disease physicians and pediatricians, the Department of Elementary and Secondary Education provided districts with detailed guidance on how to develop plans for safely delivering in-person instruction. The guidance was endorsed by the Massachusetts Chapter of the American Academy of Pediatrics. The Department of Public Health (DPH) developed town-by-town health metrics to guide school districts on whether to be fully in-person, hybrid, or remote, based on three weeks of community-wide data. DPH has also made available rapid-response mobile testing for any school that experiences a COVID cluster.

To help districts bring their children back to school, the Governor allocated nearly \$1 billion to municipalities and school districts, through formula distributions of COVID Relief Funds and targeted grants, providing students with access to computers and connectivity. In collaboration with legislative leaders, the Administration has committed to increasing Chapter 70 school aid, adjusting for inflation and enrollment, to ensure stable funding even in this very challenging economic and fiscal climate.

Poetry Corner

God . . . Best Friend

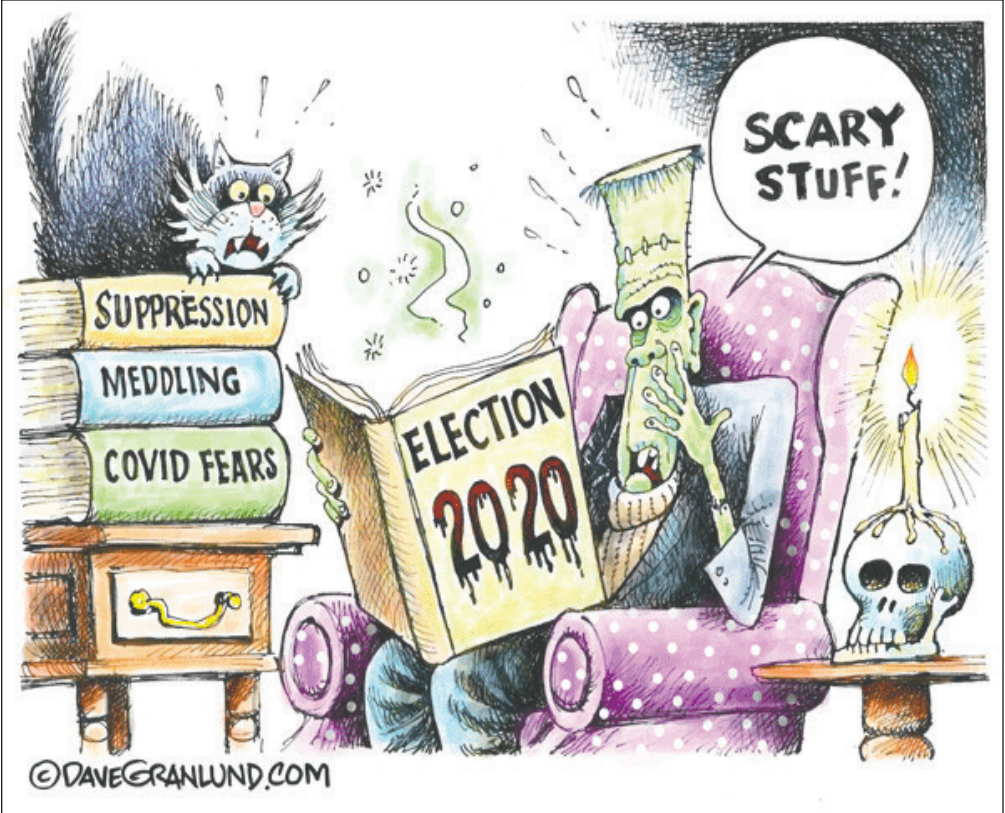
By Thomas J. Kennedy

*I don't need the words
I know what words to say
Others First – Others First
Love and pray.*

*I don't need more degrees
All I want is more honest integrity
No need for anyone's influence
As I can't wheel and deal.
I must be me . . .
From here to eternity.*

*All I want to do is uplift, inspire
And motivate people.
Make them child-like
And remain humble in God's sight.*

*Now, what about you . . .
Your gift or talent
Remember God loves "just you"
Remember God loves "just you."
God's your best friend
Right to the end.*



Guest Column

Guidance needed on Social Security and Medicare

By Russell Gloor

Dear Rusty: I am turning 67 in October and as of today, I am still employed full time. I really do not plan on retiring unless I am forced to. But how do I arrange my Social Security and Medical care stuff. It seems this subject is like a color, and everyone has a different color they like. Is there any way for me to figure this out with help or on my own? I could really use some guidance. Signed: Perplexed

Dear Perplexed: Okay, let's look at your Social Security and your Medicare separately, because they're two totally independent programs.

You do not need to do anything about Social Security until you are ready to start collecting your benefits. Since you have already reached your full retirement age (FRA) of 66, you are now earning Delayed Retirement Credits at the rate of .667% per month. That means that your benefit in October, if you were to claim it then, would be 8% more than it would have been at age 66. If you continue to delay applying for Social Security benefits, you will continue to earn those DRCs up to age 70, when your benefit amount would be 32% more than it would have been at your FRA. The choice of when to claim your Social Security is yours to make, considering your

SOCIAL SECURITY MATTERS

need for the money, your health and your expected longevity. The longer you wait (up to 70), the more your benefit will be, and if you expect at least average longevity (about 84 for a man your current age) then you'll get both a higher benefit amount and more in cumulative lifetime benefits by waiting to claim your Social Security.

As for Medicare, if you are now covered by your employer's "creditable" healthcare plan, you can delay enrolling in Medicare until your current employer coverage ends (when you stop working). "Creditable" is a group plan with more than 20 participants. If you now have "creditable" employer healthcare coverage (including drug coverage) you won't be liable for a Late Enrollment Penalty for enrolling in Medicare (or a drug plan) later. If you are still working and know your creditable employer coverage will end soon, you can enroll for Medicare benefits to start coincident with the end of your employer coverage. Or, after you stop working, you can enroll in Medicare during a "Special Enrollment Period" (or "SEP" for those transitioning from employer coverage to Medicare coverage). Your SEP for Medicare will last for eight months after you stop working, but you only have 63 days after the end of your employer drug coverage to enroll in a Part D prescription

drug plan. The bottom line is this – you don't need to enroll in Medicare until your creditable employer healthcare coverage ends. And you don't need to apply for Social Security until you wish to start receiving benefits (just don't wait beyond 70).

One final point because you were born in 1953: if you are now married and your wife is already collecting her Social Security, you can file a "restricted application for spouse benefits only" and collect only a spouse benefit from your wife, while still allowing your own benefit to continue to grow until you are 70. But this option is only available to you because you were born before Jan. 2, 1954.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

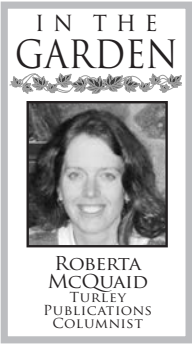
Russell Gloor is a Social Security advisor for AMAC.

Two timely questions for the Garden Lady

Mary asked me this question: "I bought some fantastic pumpkins this year. I can't wait to carve them into Jack O' Lanterns with the kids! Is it possible to save the seeds and plant them next year? I'd love to end up with the same pumpkin variety again."

I am in the same boat, Mary! I love the pumpkins my kids chose this year and will be attempting to save the seeds myself. I think it is definitely worth the chance, but first let's give you a lesson in genetics. Pumpkins belong to the genus Cucurbita. Cucurbita pepo is the easiest to figure out. Its members are what you might think of as a traditional pumpkin grown in the northeastern part of the country: orange with a woody stem and a hard outer skin. Teeny 'Jack-Be-Little' as well as the heirloom 'Connecticut Field' and sweet 'New England Pie' all belong to the species pepo. Unfortunately or not, gourds, acorn squash, spaghetti squash and summer squashes do as well, so if the pumpkin farmer grew any other variety of pepo cross pollination may have occurred and the plants you grow next year may not be true to type from the seeds you save.

If you'd like to experiment, let's assume that the pumpkins were the one and only inhabitants of pumpkin patch. The actual process of



saving seeds is very simple. After hollowing out your favorite pumpkins, those with the attributes you like the best and want to pass on to future generations, simply wash the seeds quickly in a colander, blot on a paper towel and place on a pie plate for several days until completely dry. Store for the winter in an envelope marked with the variety and date in a cool, humidity-free spot. In late winter you can easily conduct a germination test. The easiest way to do it is to sow a few seeds in a paper cup filled with soil and placed in a warm spot. Record how many come up and then plan accordingly when you sow your hills come springtime.

This question came from Jeremy, who reads the column in the Palmer Journal Register: "Can you give me some tips for digging up my cherished rosemary plant and overwintering it in the house?"

Perhaps the most cherished of all tender herbs is Rosemary (Rosemarinus officinalis), the herb of remembrance. For many years I brought my plants in and out with the seasons, and they got amazingly large. I wish you the same luck. The key to growing it successfully indoors is "cool but sunny." My old house affords me many such microclimates. If you aren't as for-

tunate, try for a sunny window away from dry heat, in other words far from heat vents.

But first, make sure you give it the best possible start by salvaging as much of the root ball as possible. This will minimize the shock of being potted up. Position your shovel along the "drip line" of the plant and dig straight down, completely around its circumference. After you've made your way around, get your shovel underneath and lift. Have a pot ready- one that is an inch or two bigger than the root ball is sufficient, and will allow for minimal winter growth. My container of choice is always plastic, but glazed pottery is fine too. Steer clear of clay; it dries out too quickly. I usually put a couple of inches of potting soil into the container, set the plant and then fill in with more as needed before watering well. Oftentimes I leave the plants outside until a hard frost threatens, then I bring them in and back out until the weather turns decidedly cold. You can use this same advice for other tender herbs such as French lavender, bay tree and scented geraniums.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.



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A Quote

OF NOTE

"The
unexamined
life is
not worth
living."

Socrates

Letters to the Editor Policy

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed.

Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to the-sun@turley.com. Mailed letters can be sent to The Sun, 24 Water Street, Palmer, MA 01069.

Virtual program to tell story of Sarah Margu, a child of the Amistad

HOLYOKE – On Thursday, Nov. 5 at 6:30 p.m., Wistariahurst will host Sarah Margu - A Child of the Amistad, a live, online program presented by Tammy Denease. This program is free and open to all. Advance registration is required.

One of four children held captive on the schooner Amistad, Sarah Margu would miss the rite of passage (Sande Society) into adulthood in her native Mendeland (now Sierre Leone). After gaining freedom through a victory in the United States legal system, Margu would go on to become the first African to graduate from college in America (Oberlin College, Ohio). Life in a strange country causes Margu to become westernized, refusing to live according to the custom of her homeland. Share with Tammy Denease this poignant voyage from childhood denial to adult autonomy.

This program is open to all members of the public, but has been specially designed to address the needs of area seniors, many of whom continue to be socially isolated as a result of the COVID-19 pandemic. The program is supported through a Community

Development Block Grant - COVID-19 Grant to address, prevent, and respond to the COVID-19 Pandemic that is administered through the Holyoke Office of Community Development and has been planned in consultation with the Holyoke Council on Aging. Additional support has been provided through NEH CARES Act funding granted by Mass Humanities.

To register for Sarah Margu - A Child of the Amistad or any future programs, please visit www.Wistariahurst.org or contact Eileen Maginnis at the Holyoke Council on Aging at maginnise@holyoke.org. If you have an idea for a topic you'd like to be considered for a future Wistariahurst session, please contact info@wistariahurst.org.

Future virtual programs will focus on a diverse range of historical and cultural topics including programs on nature, art, history, travel, and social justice. Upcoming presentations are set to include the natural history of the Pioneer Valley, the labor movement and women's organizing in local factories, and the history of Holyoke's St. Patrick's Day Parade.



Tammy Denease will portray Sarah Margu. Submitted photo

New school-aged childcare program available at Boys & Girls Club

HOLYOKE – During the 2020-2021 academic school year, has launched a new full-day child care and learning pod program where a designated group of kids can safely access computers and support services from Club staff, all while learning, building lasting friendships, and playing at a distance from each other. Club staff provide social, emotional and learning support throughout the virtual school day. At the completion of their remote school day, all youth transition to traditional Boys & Girls Club afterschool programming and enrichment activities in the

afternoon. All youth enrolled in the program receive breakfast, lunch and a snack. This program takes place at 70 Nick Cosmos Way. It serves children who enrolled in kindergarten through 13 years old. Children's parents must be working or enrolled in a qualified training program. The program operates after school and all day on school closings, vacation days, and throughout the summer.

Children come to the Boys & Girls Club to: Digital literacy support and WiFi access; Homework support & high yield learning activities; Project-based and ser-

vice learning activities; Sports and fitness activities games; Computer, technology, STEM activities; Robotics; Arts & Crafts; Performance & media arts; Swimming; Non-contact boxing; Rock climbing; Learn Digital Photography; Literacy support

Most importantly, kids come to the Club to engage with positive role models

in a safe, nurturing environment

Program Hours: 7:30am - 5:00pm

Licensed by the Department of Early Education & Care (EEC.) Staff are trained in CPR and First Aid. For more information about program and to place your child on the waitlist, please contact Director of Operations, Ann Mann at 534-7366. ext. 126.

Remaining times for early voting

HOLYOKE – In a year where alternate forms of voting rather than the traditional Election Day in-person polls have become more commonplace; the City of Holyoke has announced early voting for the second time in a presidential election. Early voting was introduced as a voting option in the 2016 presidential election.

Residents of Holyoke eligible to vote can go to city hall to cast a ballot. Anyone who participates in early voting will receive the full ballot for the 2020 election, which includes the race for president of the United States, one U.S. Senator from Massachusetts, the local state representative and state senate races, and two ballot questions.

The main Election Day will be on Nov. 3, and on that day, voters would report to their various precinct locations.

In Holyoke, early voting in person will be available at the Holyoke City Hall, 536 Dwight Street on the following dates and times:

Friday, October 23, 2020 8:30 a.m.-4:30 p.m.

Saturday, October 24, 2020 11:00 a.m. – 4:00 p.m.

Sunday, October 25, 2020 9:00 a.m. – 2:00 p.m.

Monday, October 26, 2020 8:30 a.m.-4:30 p.m.

Tuesday, October 27, 2020 8:30 a.m.-4:30 p.m.

Wednesday, October 28, 2020 8:30 a.m.-4:30 p.m.

Thursday, October 29, 2020 8:30 a.m.-4:30 p.m.

Friday, October 30, 2020 8:30 a.m.-4:30 p.m.

City waiving license renewal fees in COVID-affected categories

HOLYOKE – The City of Holyoke has adopted a policy of waiving license renewal fees for activities that have been, and will likely continue to be, affected by the COVID pandemic. Specifically, those license categories are:

- Entertainment
- Common Victualler
- Automatic Amusement Devices
- Club All Alcohol
- Restaurant All Alcohol
- Restaurant Wine/Malt
- Veteran's Club All Alcohol
- Hotel/Innkeeper All Alcohol
- Hotel/Innkeeper Wine/Malt
- General On-Premises All Alcohol
- General On-Premises Wine/Malt

Any business seeking to renew these licenses for the 2021 season will not have to submit a license fee. This policy was

adopted by vote of the License Board at their October 14th, 2020 meeting, with the encouragement of Holyoke Mayor Alex B. Morse.

"The pandemic affects the livelihood of local business owners and employees. Waiving renewal fees is a good-faith gesture in solidarity with local businesses to help in these times" said Mayor Morse.

The fee waiver is a step in addition to the City's small business grant program, which is being administered through the Holyoke Chamber of Commerce. Earlier this year, the City obligated \$165,000 in Community Development Block Grant funds for that program, and won an additional \$35,000 in funds from the Massachusetts Attorney General's office. Businesses can apply to the grant program at HolyokeChamber.com.

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CLUES ACROSS

1. Battered corners: dog-__

6. __ Mater: one's school

10. National capital

14. Frogs and toads order

15. Bathrooms (French)

17. Praise

19. Witch

20. Consume

21. Pork and lamb are two types

22. Rocky peak

23. Women's undergarments

24. From end to end

26. Bed sheets

29. South Sudanese king

31. Dislike immensely

32. Diving seabird

34. Breathe noisily

35. Full of roots

37. Inside

38. Small island in a river

39. Tear into pieces

40. "CSI" actor George

41. Make less dense

43. Derogatory term for a country native

45. Pike and pickerel genus

46. Important in respiration and other biochemical reactions (abbr.)

47. Belgian city

49. "The Joy Luck Club" author

50. Essence of "Aloha"

53. Suggestions

57. One who overindulges

58. Expression

59. Maize dough

60. Make into leather

61. British noblemen

4. Unit of work

5. Patriotic women

6. Fragrant essential oil

7. Aggressive, uncouth man

8. One thousandth of an inch

9. Brisk and cheerful readiness

10. Serving no practical purpose

11. Prevent from going forward

12. Camera part

13. Former CIA

16. Colorless, odorless gas

18. Long division of time

22. Atomic #73

23. Make a bleating sound

24. The kids love him

25. Female condition prior to menstrual period

27. Founder of Sikhism

28. Sudanese swamp

29. He/she can help with

your finances

30. Part of the human body

31. Mortar trough

33. Greek island

35. Change pagination

36. Queens hip hop group

37. Precursor to the EU

39. A way to go on

42. Slender marine fish

43. Georgetown's mascot

44. Farm state

46. Military leader (abbr.)

47. Russian river

48. Teams' best pitchers

49. In a more positive way

50. Long French river

51. Reactive structures in organic chemistry

52. Distinctive practices

53. Male gypsy

54. When you hope to get there

55. Men's fashion accessory

56. Journalist Tarbell

CROSSWORD ANSWER on page 9

In The News

COVID, from page 1

with someone who has the virus, and brings it home to their family. There is an increase in younger people and children testing positive, as household transmissions are being seen across the city and State. Gonsalves encourages people to wear a mask when hosting or attending a gathering, and encouraging other attendees to wear a mask as well.

Additionally, if someone in a home is sick, all house members should avoid contact with that person during their isolation period. Gonsalves offers a link for ways to reduce the risk of

COVID to families that may be sharing a household with someone who is infected. Some of the steps that people should take to reduce the risk of infecting people include notifying people that you've been exposed to COVID-19, that includes doctors, emergency personnel, and family. People who are infected should stay in a specific room further away from the rest of the house and those in it, and avoid touching shareable items like hand towels, dishes, blankets, and more. Most importantly people should often wash their hands and clean all surfaces, no matter how often they're touched.

The city is ultimately following the

state guidelines and MIAA guidelines state that three consecutive weeks in the red will lead to a pause and likely cancellation of fall sports.

“As I mentioned this week and last week, we are seeing more school-age children testing positive for COVID-19,” Gonsalves said. “Halting sports is a practical, but obviously undesirable, decision to reduce risk in the community.”

The city has been hosting a Stop-the-Spread testing program in Holyoke for a few months, that program has been extended to December 31 to make sure people have access to testing while the case numbers rise. Gonsalves explains that continued access to the free testing

is needed and there will be adjustments to the testing sites for the winter weather, meaning the sites will likely be partially indoors. Holyoke Community College continues to partner with the city during this process, and residents are encouraged to visit the site there for testing.

On Wednesday, Oct. 14 the Board of Health used the Everbridge Public Alert System for the first time, to send out a notice regarding the increase in cases. If residents didn't receive the alert they are encouraged to sign up to receive these alerts. Residents can sign up at member.everbridge.net, and for more information on at home quarantining tips people can visit mass.gov.

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|---|--|
| <p>USDA INSP. FRESH BONELESS PORKLOIN CHOPS or ROAST or STUFFED</p> <p>\$2²² lb</p> <hr/> <p>USDA INSP. FRESH COUNTRYSTYLE PORK RIBS ...</p> <p>\$1⁶⁶ lb</p> <hr/> <p>USDA INSP. SMOKED PORK SHOULDER PICNIC.....</p> <p>\$1¹⁹ lb</p> <hr/> <p style="text-align: center;">SLICED IN OUR DELI</p> <p>USDA INSP. ROAST BEEF</p> <p>\$4⁹⁹ lb</p> | <p>CUSTOMER PICK OF THE WEEK</p> <p>USDA INSP. FRESH FLAT CUT BRISKETS \$2⁹⁹ lb</p> <hr/> <p>USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG</p> <p>\$8⁹ lb</p> <hr/> <p>USDA INSP. FRESH BONE-IN BONE-IN CHICKEN THIGHS 10 LB BAG</p> <p>\$6⁷ lb</p> <hr/> <p>USDA INSP. FROZEN CHICKEN LEG 1/4s. 40 LB BOX</p> <p>\$9⁹⁹ ea</p> <hr/> <p>USDA INSP. STORE MADE DAILY HAM SALAD</p> <p>\$2⁹⁹ lb</p> |
|---|--|

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\$6⁹⁹ ea

USDA INSP FROZEN BABY BACK PORK RIBS.....

\$3⁶⁹ lb

USDA INSP STORE MADE TERIYAKI MARINATED BEEF SKIRT STEAK.....

\$6⁹⁹ lb

USDA INSP. FRESH BONELESS BEEF SIRLOIN STEAKHOUSE TIPS

\$7⁴⁷ lb

USDA INSP. FRESH BONELESS BEEF CHUCK ROAST or STEAK

\$3⁹³ lb

USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF

\$3⁰⁷ 7 LB BAG

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KNIGHTS REMAIN WINLESS



It's been a struggle for Holyoke High School boys soccer, as the Knights dropped to 0-5 this season after a 7-0 loss to Agawam earlier this week. Holyoke was supposed to face Northampton yesterday and is scheduled for a match against Westfield Tuesday if play is not halted due to COVID concerns. Left, Rodrigo Espinoza gets a run up the middle of the field. Center, Marcel Guzik settles down the loose ball. Right, Brian Diaz makes a trap.

Photo by David Henry www.sweetdogphotos.com

Lutz wins modified race at Thompson

THOMPSON, Conn. — Miller Place, NY's Craig Lutz ended the 2020 NASCAR Whelen Modified Tour season on the highest of highs with his second win of the year at Connecticut's Thompson Speedway Motorsports Park on Sunday, October 11. Lutz swiped the lead from Jon



Craig Lutz took the modified race on Oct. 11 at Thompson Speedway. Submitted photo

McKennedy with seven laps remaining and hung on to win the 150-lap event at the 58th Annual Sunoco World Series of Speedway Racing at Holtsville, NY's Justin Bonsignore secured his second series championship.

The 26-year-old Lutz earned his fourth career Whelen Modified Tour win and first at the historic Thompson Speedway. For the 32-year-old Bonsignore, the title was the capstone on a 2020 season where he finished no worse than fifth at any event.

Six-time champion Doug Coby, who was the only driver who could catch Bonsignore entering the Sunoco World Series, started on the pole and led the first 30 laps. Chelmsford, MA's McKennedy then surged ahead of him entering turn three and paced the field unto the fourth caution flag at lap 73 for Dave Sapienza's spin.

Nearly all the lead lap cars chose to pit for right side tires at that point with Andover, NJ's Calvin Carroll assuming the lead by staying out. Following another yellow on the restart for a Ronnie Williams spin, Norwalk, CT's Ron Silk sliced to the lead for a circuit before Bonsignore then blasted to the lead on lap 88.

The championship was then decided on a lap-97 restart. Silk eagerly leapt to the lead while Lutz tried to move around

Bonsignore for second entering turn three. The duo wiggled, Kyle Bonsignore checked up, and the accordion effect ended with Coby in the turn-four wall, which put an end to his day. Since the lap wasn't completed, Bonsignore went back to the lead by rule, and Silk was assessed a pass-through penalty for jumping the start.

Lutz successfully overtook Bonsignore on the next green flag and paced the field until caution number nine. It was McKennedy who got the jump on the lap-138 restart for his second stint at the front. Sapienza pounded the turn-one wall a lap later for the 10th and final yellow. Lutz took advantage of his second chance, putting a crossover move on McKennedy out of turn two and wrestling the lead back with six laps to go.

McKennedy had time to take another shot, and with three laps to go, he backed off entering turn three to set up a potential slingshot off turn four. But Silk, who had steadily driven back to third after serving his penalty, got into the back of McKennedy. The contact threw McKennedy off just enough for Lutz to get away for the victory.

Justin Bonsignore finished fourth to officially clinch his second Whelen Modified Tour title in the last three years.

See RACE, page 8

High school play continues as high-risk communities emerge

By Gregory A. Scibelli
gscibelli@turley.com

REGION — It is clear to many MIAA official, school administrations, and athletic directors, that the Fall 1 season was not going to be without hiccups.

Already, a few student-athletes have tested positive for the coronavirus, and the bubble of Springfield teams have had to shut down their sports due to Springfield remaining high-risk for multiple weeks in a row.

But more locally, a few communities have reacted to being in the "red" differently.

Belchertown, widely known now to have stricter guidelines for athletics than other communities, has now had to postpone a number of games scheduled against neighboring Amherst Regional High School.

Amherst is in a Hampshire "bubble" league with Belchertown, South Hadley, and Granby among their opponents. While other schools within the bubble are continuing to play against Amherst, now in its second consecutive week of being

a high-risk community for COVID-19, Belchertown will not allow Amherst to come to Belchertown, and will not travel there until Amherst is no longer a high-risk community.

The decision not to play Amherst was made by the school department on advice from Belchertown's health director. However, the Board of Health has not made any orders dictating how Belchertown High School approaches issues with sports, including the ban on spectators for the time being.

Another community in the high-risk category is Holyoke. Holyoke High School has been classified as high-risk for two weeks as of Oct. 16, but teams other than West Springfield have continued to play against them. Holyoke High School Athletic Director Melanie Martin said West Springfield will not play against Holyoke until Holyoke has been "yellow" or moderate-risk or better for two consecutive weeks.

Other communities, like Agawam, are following Department of Elementary

See PLAY, page 8

Prizes added for tri-track race at Stafford

SEEKONK – With a \$10,000 winning prize on the line for the Tri Track Open Modified Series debut at Stafford Motor Speedway on October 24, drivers will be pressing the throttle to the floor in hopes of getting to the front in the final laps.

But, that \$10,000 check can only leave with one driver in the Call Before You Dig Modified Classic 81 – a race that is quickly shaping up to be one of the best Modified races of the season, if not one of the best in years.

With more than 45 cars already entered for the debut at the half-mile, it’s clear that the big prize isn’t the only reason why drivers will flock to Connecticut. The total purse rises over \$49,500 -- and it continues to grow as the race gets closer. Second-place pays \$4,000, while third pays \$3,000, fourth \$2,500 and fifth \$2,100. Dropped down throughout the field, the driver that finishes last in the 81-lap feature will still collect a smooth \$1,000 for their efforts. For those who don’t qualify into the feature, there will also be tow money provided if they have pre-registered for the race.

And that’s just the regular posted purse.

Contingency bonuses have been a hot topic with the Tri Track Open Modified Series in 2020, and the debut at Stafford will be no different. Through the Pepsi Challenge, \$300 will be provided to each heat winner and the same \$300 will go towards each driver who wins a consi race. Through the first three races of the season, more than \$4,000 has already been distributed through the Pepsi Challenge.

Mark, Kate and the team at Green Construction have also provided a hard charger award for the Stafford event – and this one is going to dramatically increase someone’s payday. Green will donate \$1,000 to the driver that advances the most positions during the race from start to finish. The award is determined by the driver that advances the most spots from their starting spot to where they finished. The team at Green Construction have been supporters of the Tri Track Series and have boosted the value on this award to give a bit of extra incentive for competitors.

For once, it might be more beneficial to start towards the back of the field.

Ted Anderson – and his company, Superior Refinishing -- have provided \$200 per race so far in 2020 – a total of \$600 – and will add \$200 more to the pot at Stafford. If the driver that starts on the pole wins the 81-lap feature, their total prize will move to \$10,800. However, if the polesitter doesn’t win the race, the team at Superior will donate the \$800 towards creating a strong B-Main feature payout. Per the Tri Track rulebook, officials will determine on race day whether a B-Main is necessary based on how many cars are in the pit area.

Finally, a new contingency award added to the pot this week includes former JR Motorsports employee and current NASCAR Whelen Modified Tour winning crew chief Ryan Stone. Stone, and his business, Stone’s Parts and Performance, based out of Milford, Connecticut, will sponsor a \$300 award for the driver that posts the fastest lap in the 81-lap race. Stone’s is a FURY parts dealer that also offers chassis consultation, shock services, setup help and more.

The entry list for the race includes the top names in Modified racing –

with Doug Coby, Keith Rocco Justin Bonsignore, Matt Hirschman, Ron Silk, Chase Dowling, Ronnie Williams, Mike Christopher Jr., Les Hinckley, Matt Swanson, Woody Pitkat, Burt Myers, Jon McKennedy and more expected. The entry list stands at 48 drivers on Friday, October 16, with still a week to go before the green flag.

Stafford Motor Speedway will run at 50% capacity for this event due to restrictions by the state of Connecticut because of COVID-19. To purchase tickets, fans should visit the Stafford online store on the Stafford website. Tickets are \$35 for adults in general admission, \$10 for kids that are 6 to 14, and free for those under 5. Pit passes are also available for purchase at \$50. Any remaining tickets would be available at the gate if they don’t sell out.

The race day schedule includes practice for the Tri Track Series from 11-12:30 p.m., with qualifying heat races starting at 1:30 p.m. The Call Before You Dig Modified Classic 81 is scheduled to take the green flag around 4:30 p.m. The Stafford SK Light Modifieds and Street Stocks will also join the racing card.

Turley Sports joins Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching “turleysports.” We will regularly feature samples of photos that you will see in our publications on a weekly basis.

Please follow and share with your

friends and loved ones. We will be featuring photos from all 11 of our sports sections in the coming weeks, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

RACE, from page 7

His cousin Kyle was right behind him in fifth. Sam Remeau took sixth while Woody Pitkat came back from a mid-race flat tire to finish seventh. Carroll, Patrick Emerling, and Tyler Rypkema completed the top-10.

McKennedy did start the afternoon with a winning by getting the best of Rowley, MA’s Chris Perley in the closing laps of the ISMA Supermodified event. McKennedy started third in the 50-lap feature and got to the rear bumper of polesitter Perley following the race’s only yellow at lap 4.

Perley, McKennedy, and Ronnie Williams then ran away from the field. McKennedy got alongside Perly Multiple times on the frontstretch, and the duo even banged wheels entering turn one just past halfway with both hanging on for dear life.

With the 10-to-go signal in sight, McKennedy got his opportunity. The leaders came up on a pair of lapped cars, and as Perley struggled to find a way around them, McKennedy dove to the bottom off turn four. The multi-time Modified champion finally completed

the pass entering turn one and pulled away over the final 10 circuits to win on Sunoco World Series Weekend for the second straight year.

Perley took second with Williams third in his first-ever ISMA Supermodified start. Mike Ordway Jr., Anthony Nocella, Otto Sitterly, Ryan Locke, Daniel Connors, Kyle Edwards, and Dave Danzer completed the top-10.

Pro All Stars Series Super Late Model point leader D.J. Shaw of Center Conway, NH strengthened his bid for a fourth championship by winning the World Series 75. Shaw, who had finished second five times this year without a victory, started outside pole and got the jump when Brandon Barker had trouble at the initial green flag.

Rowley, MA’s Eddie MacDonald was right behind and looked below Shaw several times before getting around the outside in lapped traffic on lap 29. Shaw kept MacDonald in his sights, and after a pair of yellows at lap-42, he roared back around him on the outside. MacDonald then fell into a three-way battle for second with Derek Ramstrom and Ray Christian III. By the time MacDonald escaped their clutches, Shaw was long gone on his way to the victory.

Help feature your student-athletes

The fall season is underway and Turley Publications has been back out covering the action for the first two weeks.

We continue to ask for help on this season in order to bring the best coverage we can possibly manage and fill our pages with names and color.

We know that fans will be limited to the home crowds, but that is where you all come in.

We have a limited number of staff to start the school year due to the pandemic, and while we strive to get to as many games as possible, we cannot get to everywhere.

If you are a parent, coach, or even player, and you have information or photographs to share, we definitely want

to hear from you.

If you don’t see one of our photographers at a game, please feel free to send your own action photos of games in order to bolster our coverage. If you are interested in regularly submitted photos, please do contact us.

Otherwise, we would love to hear from anyone who reports scores, details, and any milestones that occur during this unprecedented season. Please be sure the information you provide us is accurate and check with coaches, if necessary, before submitting.

We also encourage all coaches to submit their results and details as much as possible. Send any and all information and photos for inclusion to sports@turley.com.

PLAY, from page 7

and Secondary Education guidance, which says three weeks of data are needed before a school considers ceasing play with a high-risk community.

“That’s the guidance we received from DESE,” said Agawam Athletic Director David Stratton. “We have no problem playing against Holyoke.”

Agawam was even set to host Holyoke in field hockey on Oct. 16, and played at Holyoke in girls soccer on Oct. 7, the same day Holyoke received it’s “red” designation.

In the Hampden East League that was created, East Longmeadow was a community placed at high-risk.

Among the schools in that

bubble are Chicopee, Chicopee Comprehensive, Ludlow, and Minnechaug.

Ludlow Athletic Director Tim Brillo and Minnechaug Athletic Director Michael Roy both confirmed last week they have not received orders from their respective health departments to cease any type of play with red school.

“Even though communities are in high risk,” said Roy. “The guidance is to not shut everything down and wait for three weeks of data.”

In what is perceived widely as a “second wave” of the virus, officials are still hopeful to get through the Fall 1 season without any type of widespread shutdown.

Baystate announces changes in inpatient, outpatient visitor guidelines

SPRINGFIELD –Baystate Health is announcing, now in effect, additional changes to inpatient and outpatient visitor guidelines previously announced in June as the state began its reopening process.

Visitation hours continue to be daily from 12 to 8 p.m.

Changes to the visitation policy at Baystate Medical Center in Springfield include:

- No visitors under the age of 18 years old are allowed in the hospital, unless the visitor is a child or sibling of a patient
- COVID-19 negative patients are allowed one visitor per patient at a time

with the following new exceptions

- OB patients who are in labor and postpartum: two visitors
- Hospice, end-of-life patients or for life-changing diagnosis: up to two visitors and one clergy member
- COVID-19 negative patients located on care units which have COVID-19 positive/persons under investigation (PUI) patients: one visitor

Changes to the visitation policy at Baystate Children’s Hospital in Springfield include:

- COVID-19 Negative Patients are allowed up to two parents/guardians at a time

- While no visitors are allowed in the Baystate Medical Center ED, the Pediatric Emergency Department is allowing two parents at a time unless COVID positive or PUI (person under investigation)

Changes to the visitation policy at Baystate Franklin Medical Center in Greenfield include:

- One visitor allowed for patients in the Emergency Department
- Two birthing partners at a time are allowed during labor and postpartum

Changes to the visitation policy at Baystate Noble Hospital in Westfield include:

- One visitor allowed for patients in the Emergency Department

Changes to the visitation policy at Baystate Wing Hospital in Palmer include:

- One visitor allowed for patients in the Emergency Department

Changes to the visitation policy at Mary Lane Outpatient Center in Ware include:

- One visitor allowed for patients in the Emergency Department

All visitation is at the discretion of Baystate Health.

For the latest information on visitor guidelines, visit baystatehealth.org/visitors.

TERIYAKI, from page 1

EA-Teriyaki’s menu includes Chicken, Beef, Shrimp or Salmon Teriyaki Combos, Bento Boxes, Spring Rolls, Dumplings, Shrimp Tempura and variations of rice and noodles. The restaurant offers takeout and contactless service through their website.

“We’re delighted to add another option for lunch and dinner to Café Square,” said Holyoke Mall General Manager, Bill Rogalski. “EA-Teriyaki

allows guests to have a quick meal without compromising the fresh, made to order aspect they love about traditional restaurant dining.”

The 600 square foot restaurant recently hired 7 new employees. For more about EA-Teriyaki, please visit their website at eateriyaki.com.

Holyoke Mall will also welcome Wings Express soon to Café Square.

All visitors to Holyoke Mall are reminded to wear a mask and follow our new Healthy Shopper Guidelines.

GINGERBREAD, from page 1

This event will take place in the church’s lower parking lot, which is handicapped accessible, and will be roped off and set up for social distancing. The upper parking lot will be for cars. The maximum capacity inside the roped off area is 50 people. Masks are required and the church will be closed to the public.

Members of the church have been busy building, painting, creating, knitting and baking! Items for sale include: Fall, Halloween, Thanksgiving and

Christmas craft items! Also, there will be baked goods, knitted and crocheted items, stained glass, hand crafted wood items, abstract paintings, face masks, kitchen items, and bath items! Instead of decorating your own gingerbread house you will be able to purchase a “take and go” pumpkin decorating kit. Please see the church website for photo samples of the many items that we will be selling. Credit card payments are preferred.

The church is located at 34 Jarvis Avenue in Holyoke. Their phone number is 413-536-3369.

CLINIC, from page 1

All the clinics run from 8 – 11 a.m. and will be held in Parking Lot M next to HCC’s Bartley Center for Athletics and Recreation on the main campus at 303 Homestead Ave., Holyoke, the same location where free COVID-19 testing is underway until Oct. 31.

The flu vaccines are free with most insurance, including MassHealth. Pre-

registration is not required but highly recommended to ensure sufficient supply.

These are drive-up clinics, so there is no need to exit your vehicle. Free face masks will also be distributed on site.

Appointments can be scheduled for 20-minute time slots by following the links on the HCC website to the CVS Pharmacy registration pages for each day: hcc.edu/flu.

CANNABIS, from page 1

the City Council approving a streamlined system of approving host community agreements with a standard template that can be approved in a day, and approving zoning laws to become more marijuana-friendly, Holyoke is starting to see investments from the cannabis industry. With some of the cheapest electrical rates and available industrial space, Holyoke is an attractive location for companies looking to locate large cultivation or manufacturing plants in the city.

In 2019, Massachusetts saw 15% job growth in the legal cannabis indus-

try and \$404 million in legal cannabis sales. To encourage this job growth, Holyoke Community College (HCC) and the Cannabis Community Care and Research Network (C3RN) created the Cannabis Education Center last fall, to provide education, training, and other business resources to individuals in the region who want to work in the cannabis industry. The industry is also producing opportunities for other businesses that are needed to support the growing industry such as the building trades and professional services.

There is a very positive outlook for Holyoke as more cannabis businesses open their doors and invest in the city.

Public Notices

Holyoke Historical Commission Public Hearing Notice Demolition Applications:
12 Corser Street (110-00-014)
Applicant:
Holyoke Medical Center, Inc,
575 Beech Street,
Holyoke, MA 01040
Monday, November 9, 2020 at 6:30 p.m.
Due to the declared public health emergency, the meeting will be held via zoom.us
Join Zoom Meeting:
https://us02web.zoom.us/j/89558269165
Or call 1(301) 715 8592 (Meeting ID: 895 5826 9165)
For additional information contact: Ben Murphy
murphyb@holyoke.org
(413) 322-5655

Comisión Histórica de Holyoke
Aviso de Audiencia Pública Solicitudes para Demolición:
12 Corser Street (110-00-014)
Solicitante:
Holyoke Medical Center, Inc,
575 Beech Street,
Holyoke, MA 01040
lunes 9 de Noviembre de 2020 a las 6:30 p.m.
Debido a la emergencia de salud pública declarada, la reunión se llevará a cabo a través de zoom.us
Unese a la reunion de Zoom aqui: https://us02web.zoom.us/j/89558269165
o llame al 1(301) 715 8592 (Meeting ID: 895 5826 9165)
Para mas información favor de llamar a: Ben Murphy
murphyb@holyoke.org

(413) 322-5655
10/23, 10/30/2020
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14 Corser Street (110-00-013)
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(413) 322-5655
10/23, 10/30/2020

Holyoke Historical Commission Public Hearing Notice Demolition Applications:
605-607 Beech Street (110-00-012)
Applicant:
Holyoke Medical Center, Inc,
575 Beech Street,
Holyoke, MA 01040
Monday, November 9, 2020 at 6:30 p.m.
Due to the declared public health emergency, the meeting will be held via zoom.us
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Para mas información favor de llamar a: Ben Murphy
murphyb@holyoke.org
(413) 322-5655
10/23, 10/30/2020

Holyoke Historical Commission Public Hearing Notice Demolition Applications:
1840 Northampton Street (110-00-001)
Applicant:
Masswest Services, Inc,
575 Beech Street,
Holyoke, MA 01040
Monday, November 9, 2020 at 6:30 p.m.
Due to the declared public health emergency, the meeting will be held via zoom.us
Join Zoom Meeting:
https://us02web.zoom.us/j/89558269165
Or call 1(301) 715 8592 (Meeting ID: 895 5826 9165)
For additional information contact: Ben Murphy
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Para mas información favor de llamar a: Ben Murphy
murphyb@holyoke.org
(413) 322-5655
10/23, 10/30/2020

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD20P1798EA Estate of: Cristian Arroyo Date of Death: 06/20/2020 CITATION ON PETITION FOR FORMAL ADJUDICATION
To all interested persons:
A Petition for **Formal Appointment of Personal Representative** has been filed by **Nora Arroyo** of Holyoke, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.
The Petitioner requests that: **Nora Arroyo** of Holyoke, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 11/20/2020.**
This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: October 16, 2020
Suzanne T. Seguin
Register of Probate
10/23/2020

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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The Sun OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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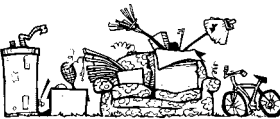
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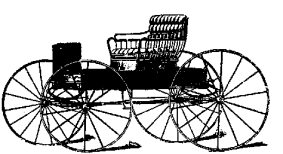
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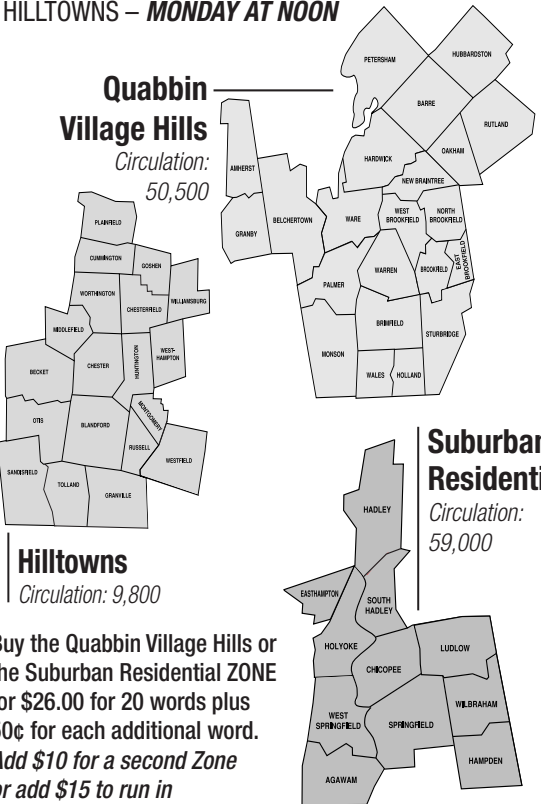
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HEARINGS, from page 1

Nursing Assistant, who would constantly kiss the veterans.

"It seemed to be for no purpose but to satisfy her own need," said Kenney. "That's my opinion; I understand that, but I also know from working in the health care field, it's not proper universal precautions or infection control standards. On March 11, I saw that same CNA, arm and arm with another veteran joking about the virus."

In the aftermath of the outbreak, the facility's former Superintendent Bennett Walsh and former Chief Medical Officer Dr. David Clinton were indicted by a state grand jury on five counts of neglect and mistreatment of an older or disabled person. If found guilty, Walsh and Clinton will face decades in prison.

The Oct. 20 hearing, which was scheduled to resume on Oct. 22, was co-chaired by State Rep. Linda Dean Campbell, of Methuen, and Sen. Walter Timilty, of Milton. The panel also consisted of state officials including Sen. John Veils, Sen. James Welch, Rep. Joseph Wagner, Rep. Michael Finn and Rep. Aaron Vega.

Following Kenney's testimony, East Longmeadow resident Cheryl Turgeon took to the microphone. Turgeon's father, 90-year-old Korean veteran Dennis Thresher, survived his bout with COVID-19, but has been unable to walk since March 28.

Turgeon offered a harrowing description of the conditions that surviving Soldiers' Home residents have faced over the past six months. Due to inactivity, Thresher has developed pressure ulcers, depression and nearly had his left toe and right foot amputated on account of neglect.

"Their loneliness, their feelings of abandonment and being forgotten is clearly evident," she said. "They are not allowed outside many days. No fresh air,

no sunshine and no Vitamin D. Even our incarcerated individuals have recreational opportunities outside while these veterans stay in their room for weeks on end still."

The facility's inability or unwillingness to communicate with the families of veterans who reside in the home has also angered Turgeon. She noted the administration consistently responds to inquiries by saying, "I hear you," without divulging an actual answer.

"I don't believe the current administration fully understands the veteran or the mission of the home. We're tired of their indifferent opinions [pertaining to] communication with us still," said Turgeon, who also complained about the absence of dental care and eye exams.

Roberta Twining, also of East Longmeadow, spoke on behalf of her 77-year-old husband Timothy Twining, a former paratrooper and retired Springfield police sergeant, who contracted the virus in the home.

"When the pandemic was hovering over our lives, the staff was not being transparent. I later learned that they were instructed not to tell our families anything," said Twining.

At the onset of the outbreak, veterans were consolidated due to a lack of staffing. Twining described the horrid conditions that faced her husband, a veteran, who was subjected to what several family members and employees have categorized as being Holocaust-like conditions.

"They moved him to the fourth floor, squeezed him in a room with two others and his bed was against the wall. He also stated that he had no walker, wheelchair or buzzer and literally had to crawl and hold onto the walls to get to the bathroom down the hall," said Twining, who said he was denied a shower for 17 days.

Over the span of a week, Twining's husband was moved five times, yet she never received a call or email. Fortunately, Twining survived his ail-



ment, but his struggles have persisted nonetheless.

Ware resident Susan Kenney was the first family member to testify about the conditions and problems at the Holyoke Soldiers' Home. She lost her father, Charles Lowell, to COVID-19. A total of 76 veterans died from the virus at the home.

"Everything continues to be a secret. It appears that this board has a gag order on the staff not to tell the families anything," she said. "My husband says that they lie and treat him and I like we're idiots."

The individuals who took the stand on Tuesday complimented the effort of the facility's courageous and undermanned staff, who put their lives at risk when COVID-19 began to make its mark. Twining firmly believes that the facility's board continues to jeopardize the operation.

"It wasn't that [staff] weren't caring; they were doing all they could. It's that their hands were tied. I believe that their hands are still tied and that they're muzzled now too," said Twining, who stated that without the arrival of the National Guard, "our precious home would have totally been wiped out."

All in all, five family members of veterans who were killed or sickened by COVID-19 testified on Oct. 20. Laurie



State Rep. Aaron Vega participated in listening to the stories of family members whose relatives died of COVID-19 in the Holyoke Soldiers' Home Tuesday at Holyoke Community College.

Courtesy photos by Holyoke Community College

Mandeville-Beaudette, who's father passed away in April, sadly noted that in recent weeks the facility removed signs that were posted on the campus to honor the lives that were lost.

"They just want us to go away," she said.

Timilty responded immediately, voicing his disgust. He assured Beaudette and the other family members that the signs would be recovered if possible.

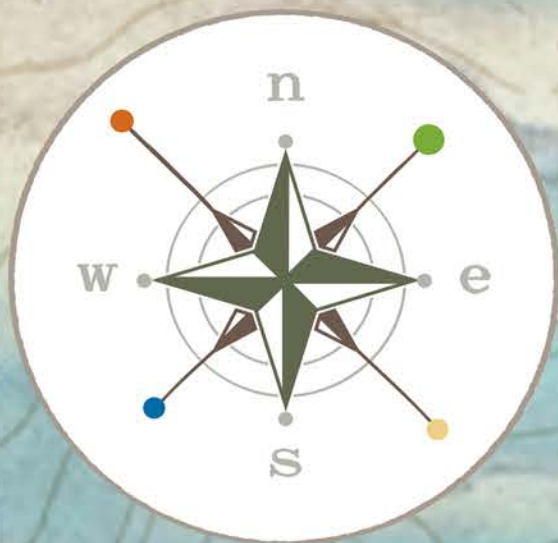
Following each speaker, Campbell extended her deepest sympathies. Unlike the facility's board, she made it clear the panel will not fail to act.

"We have great concern about ongoing communication issues now and also staffing issues now, and other issues that we will take immediate action on. Your perspectives are very much appreciated and will be helpful to us as we move forward," she said.

The committee has a deadline of March 31, 2021 to complete its investigation and submit a report to the state. Testimonials from the Oct. 22 hearing will be featured in next week's edition.

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